

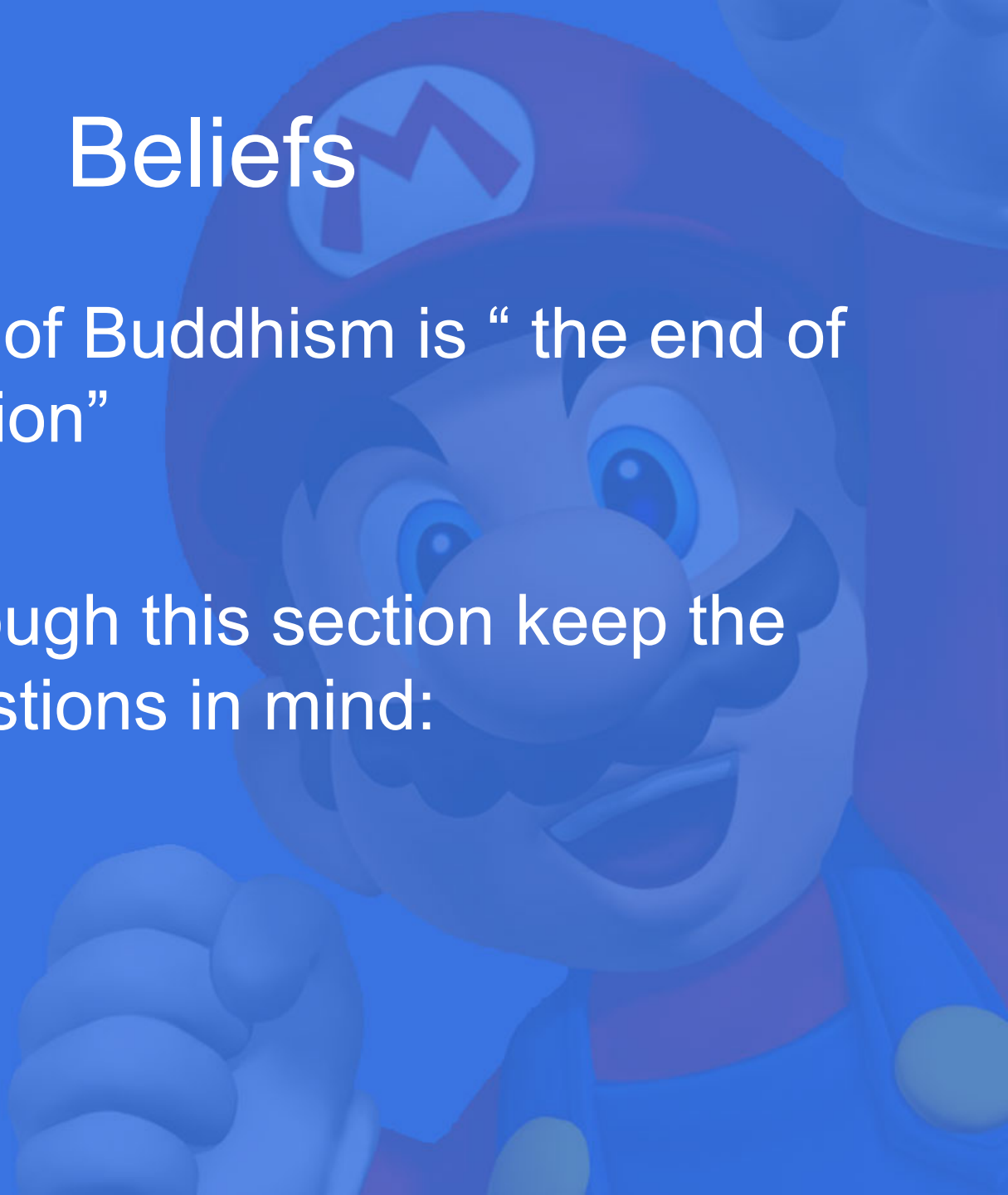
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# Buddhist Beliefs



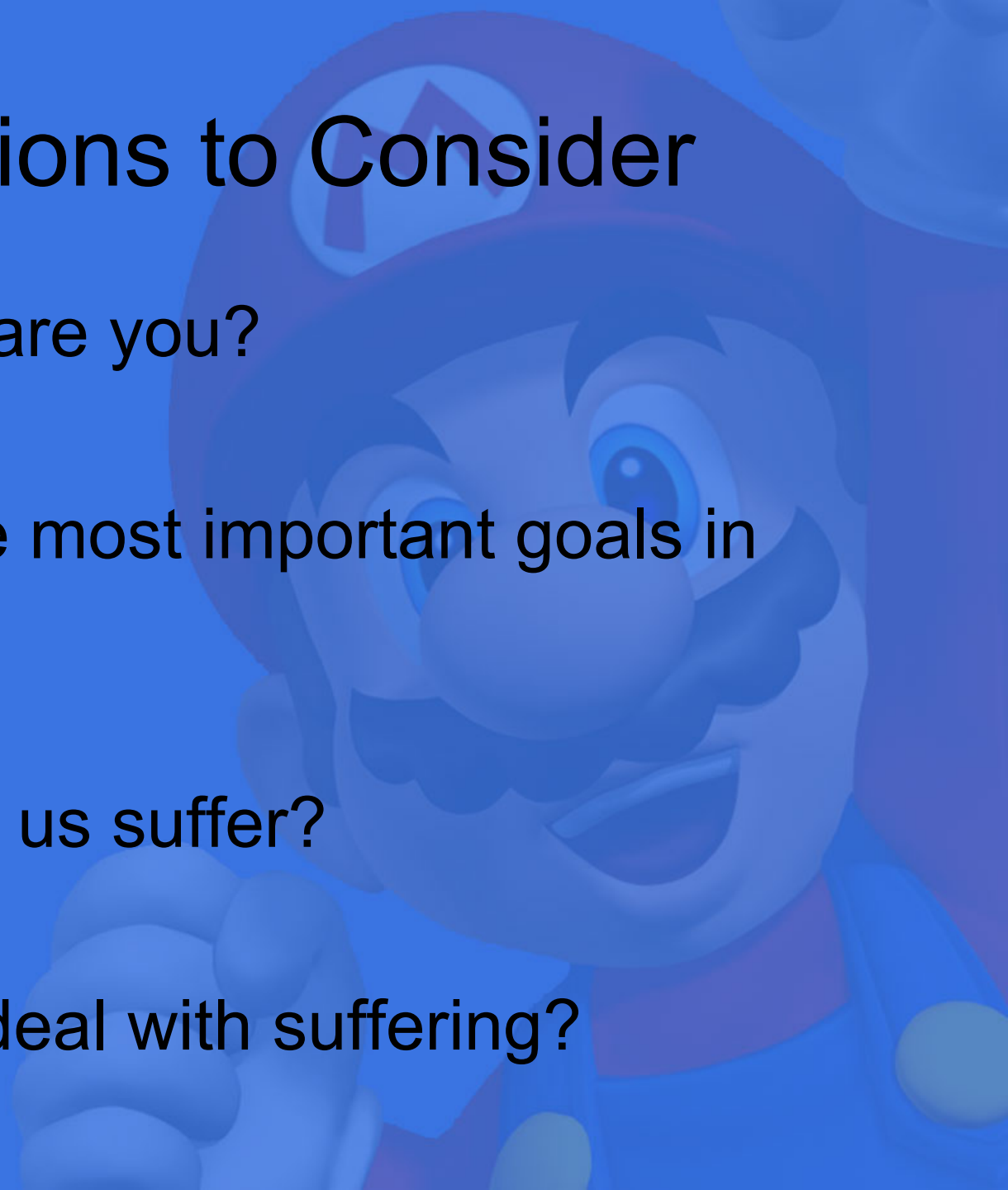
# Beliefs

- Ultimate goal of Buddhism is “ the end of human salvation”
- As we go through this section keep the following questions in mind:



# Questions to Consider

1. How happy are you?
2. What are the most important goals in your life?
3. What makes us suffer?
4. How do we deal with suffering?

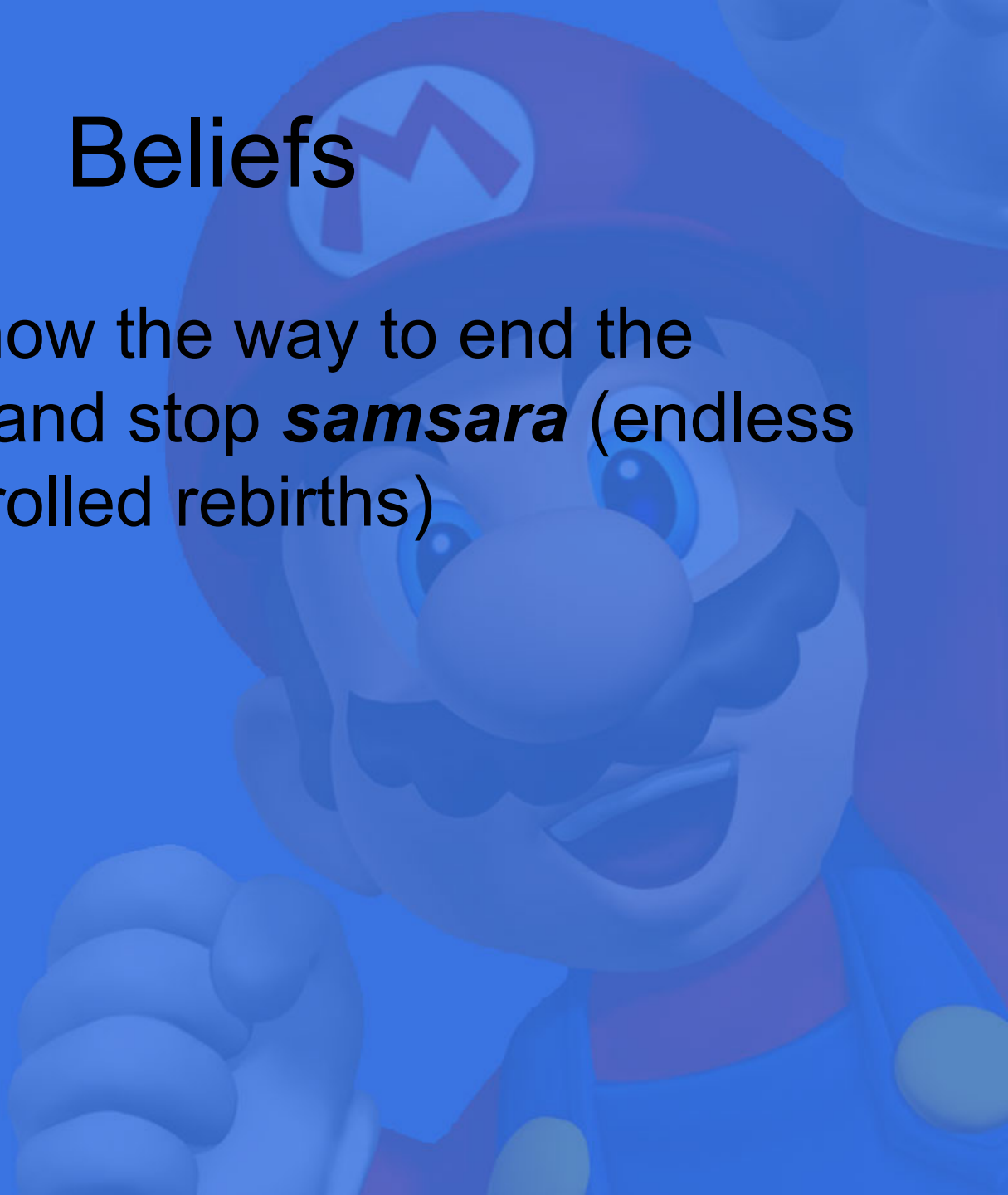


# Beliefs

- Single most important aspect of Buddhism is that each person being responsible for their own salvation
- Buddhism does not have one single belief system such as the Bible or Qur'an
- Number of sources for Buddhists to use in search of spiritual truth

# Beliefs

- All teachings show the way to end the suffering of life and stop ***samsara*** (endless cycle of uncontrolled rebirths)



# Women in Buddhism

- No distinction made between men and women
- Gender is part of the delusions that we have as unenlightened humans
- All humans have had past lives as both males and females

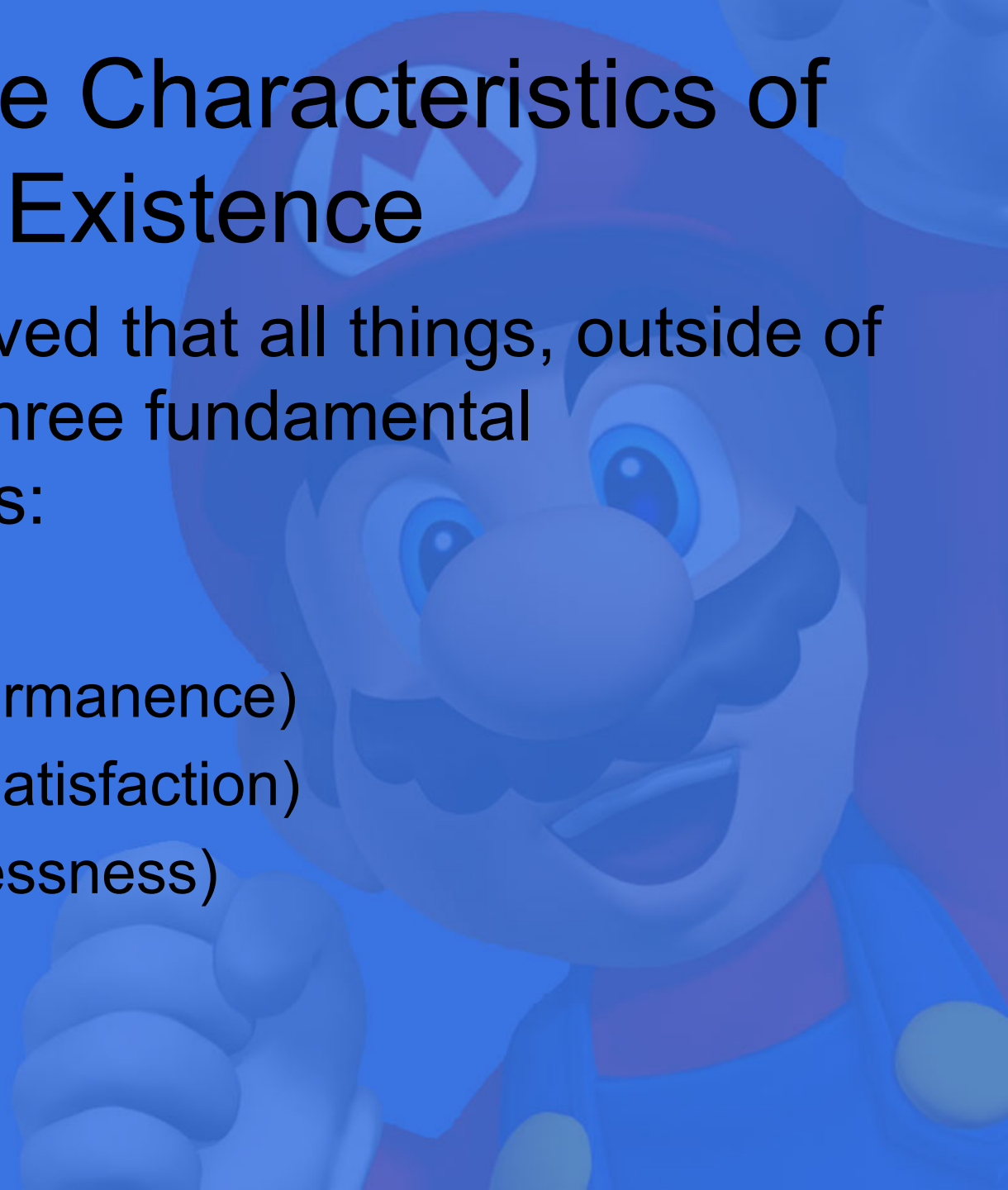
# Women in Buddhism

- Rebirth as a female entails more suffering because of childbirth, menstruation and pregnancy
- Women are not considered to be property of men
- Opposed to violence toward any living creature



# The Three Characteristics of Existence

- Buddha believed that all things, outside of nirvana had three fundamental characteristics:
  - Anicca (impermanence)
  - Dukkha (dissatisfaction)
  - Anatta (selflessness)





# The Three Characteristics of Existence



Three Marks of  
Existence in Buddhism

# The Three Characteristics of Existence

## 1. Anicca (impermanence)



# The Three Characteristics of Existence

## 1. Anicca (impermanence)



# The Three Characteristics of Existence

## 1. Anicca (impermanence)



More pics on [www.uglyshit.net](http://www.uglyshit.net)



# The Three Characteristics of Existence

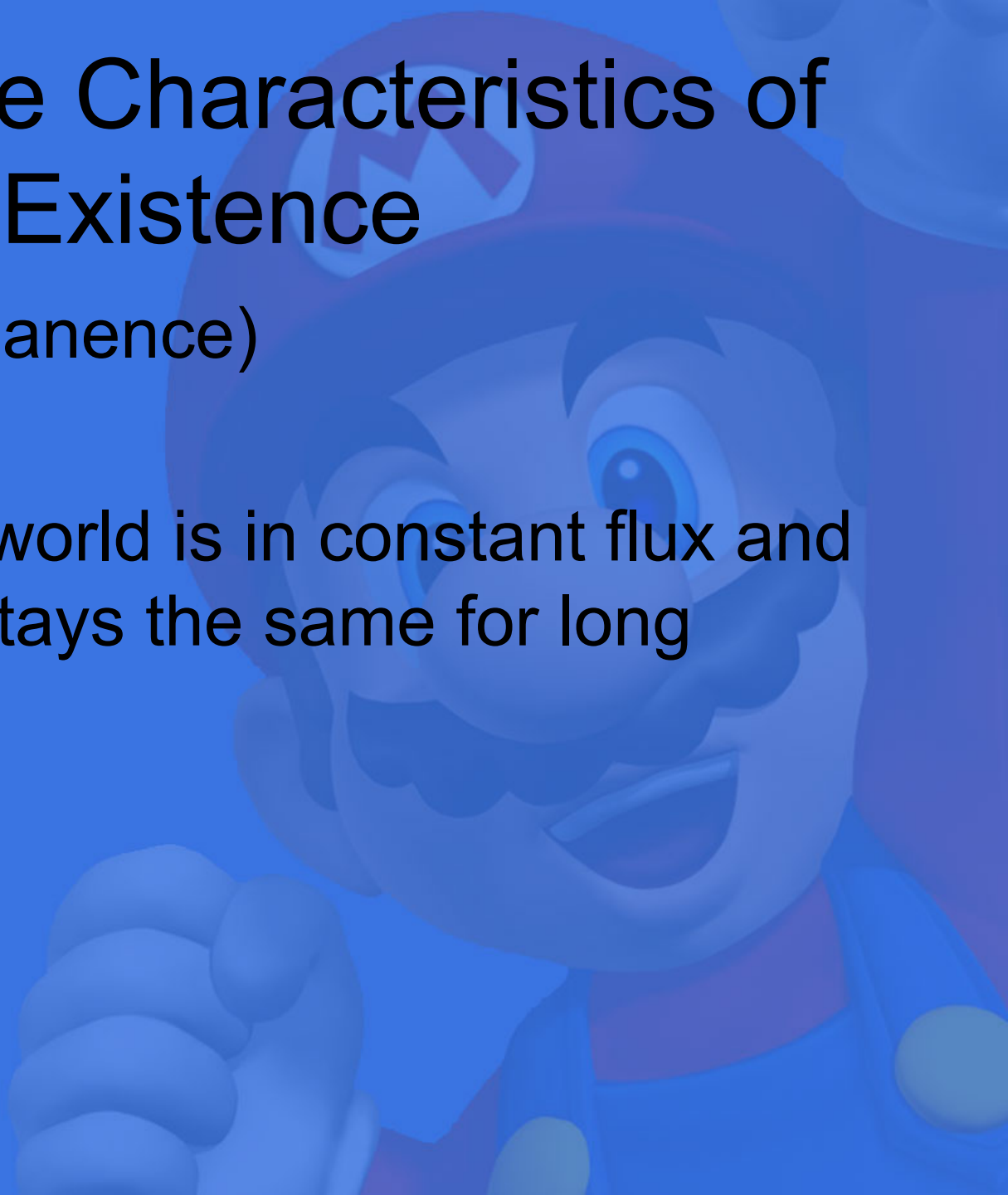
## 1. Anicca (impermanence)



# The Three Characteristics of Existence

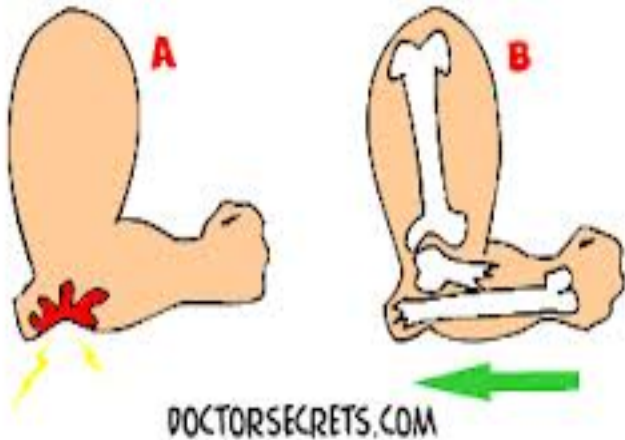
Anicca (impermanence)

- Idea that the world is in constant flux and that nothing stays the same for long



# The Three Characteristics of Existence

## 2. Dukkha (dissatisfaction)





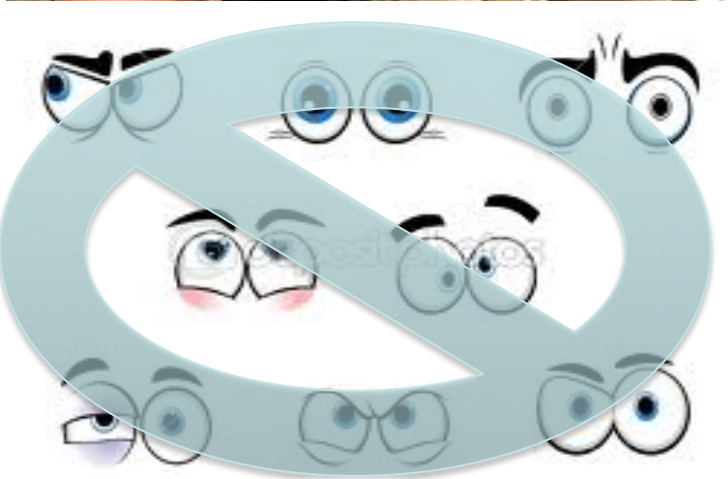
# The Three Characteristics of Existence

## 2. Dukkha (dissatisfaction)

- Represents the idea that all humans and animals experience suffering
- Physical and mental pain are extreme examples of this characteristic
- Buddha knew that there was no continuous happiness or pleasure because those feelings only last for a limited time

# The Three Characteristics of Existence

## 3. Anatta (selflessness or no-self)

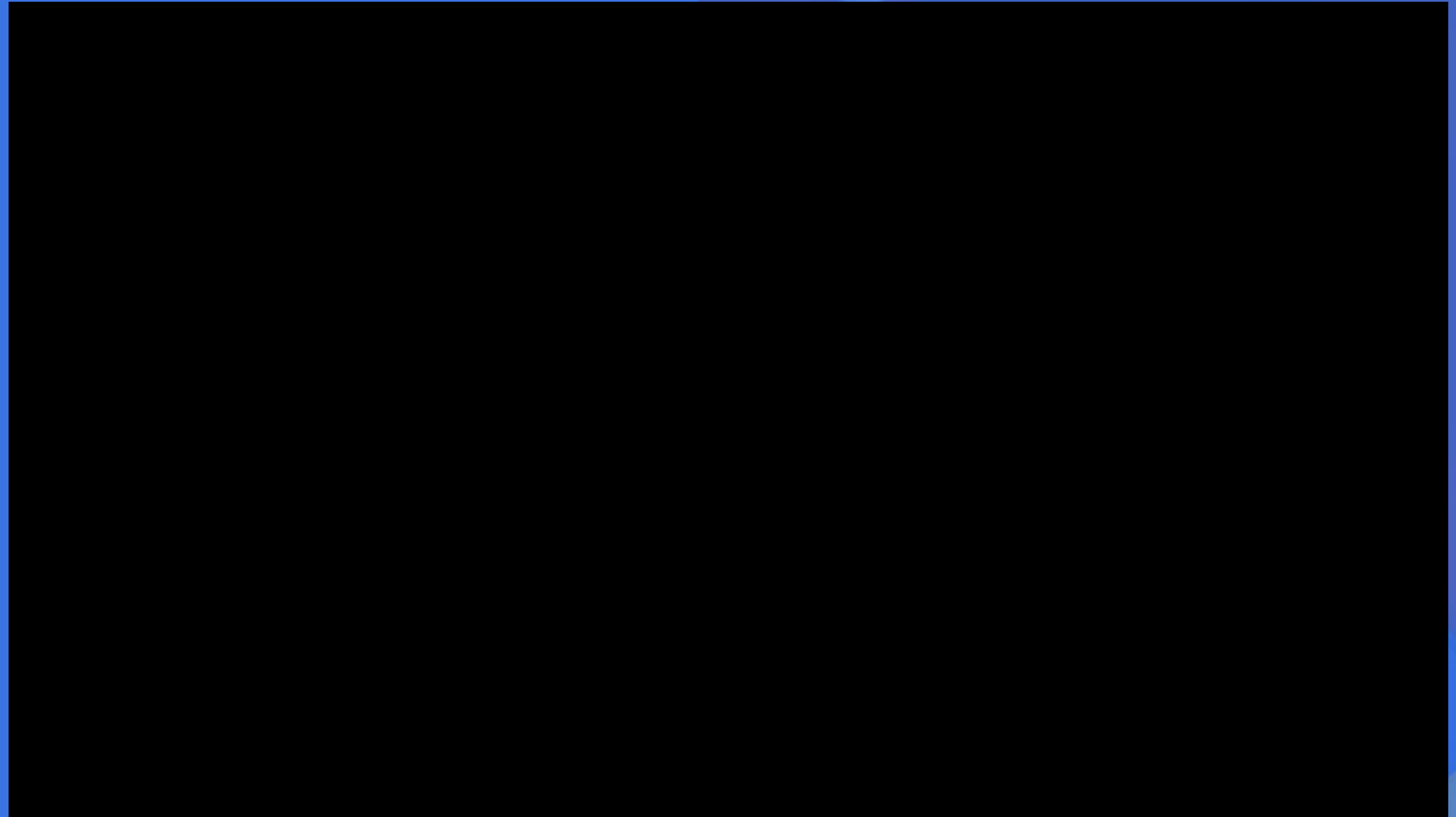


# The Three Characteristics of Existence

## 3. Anatta (selflessness or no-self)

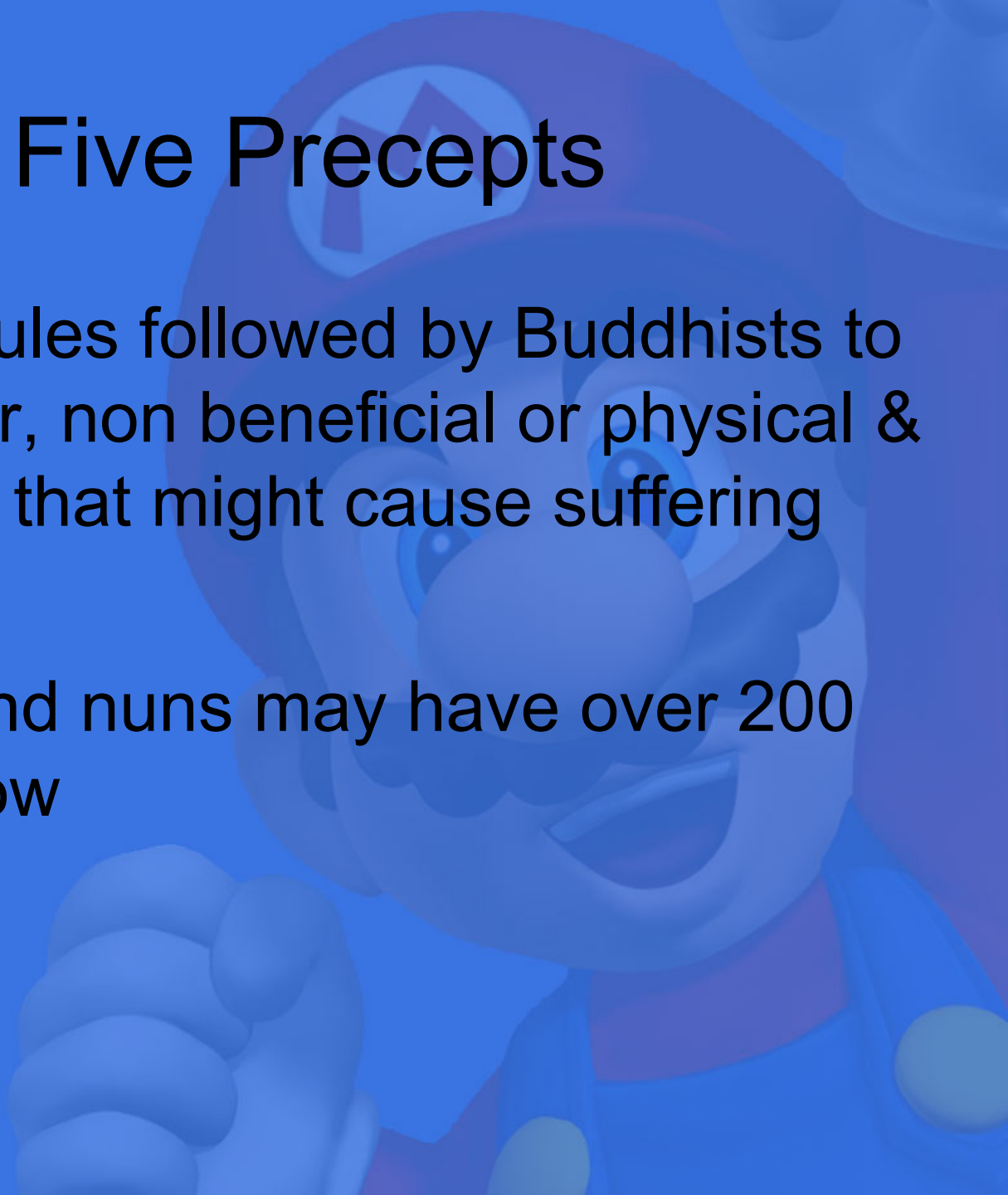
- We can not point to any one thing in our self, that we can say is self
- Only when we put all of the parts together do we collectively call them a person
- There is no permanent independent self, only changing parts that we designate as self

# The Five Precepts



# The Five Precepts

- These are the rules followed by Buddhists to control improper, non beneficial or physical & verbal behavior that might cause suffering
- Some monks and nuns may have over 200 precepts to follow





# The Five Precepts

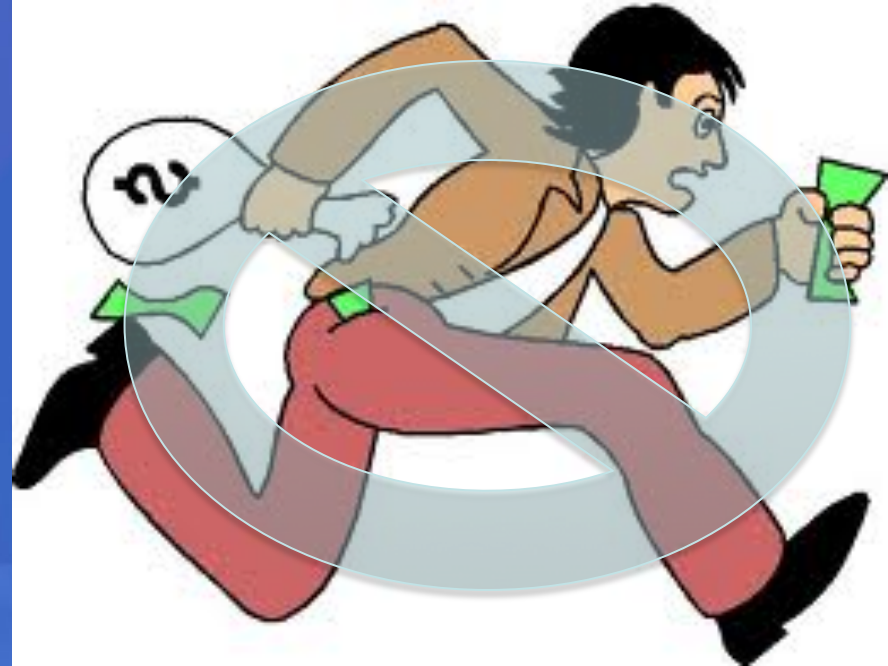
## #1



**Abstain from killing or  
harming living beings**

# The Five Precepts

## #2



**Abstain from stealing**



# The Five Precepts #3



**Abstain from improper  
sexual conduct**



# The Five Precepts #4

Abstain from false speech  
(telling lies, setting people  
up against each other,  
gossiping

# The Five Precepts #5



Abstain from taking alcohol  
and harmful drugs

# Examples of Percepts that Nuns or Priests may have to follow

- Abstain from eating after noon
- Abstain from looking at dancing, singing and drama
- Abstain from the use of perfumes and things that tend to beautify and adorn a person
- Abstain from using comfortable beds
- Abstain from accepting gold or silver





# Take a 5 Minute Break

# The Four Noble Truths

- Buddha looked at the cause of unhappiness and its treatment
- The result was the doctrine of the **4 Noble Truths**
- These truths are central to an understanding of Buddhism

# The Four Noble Truths

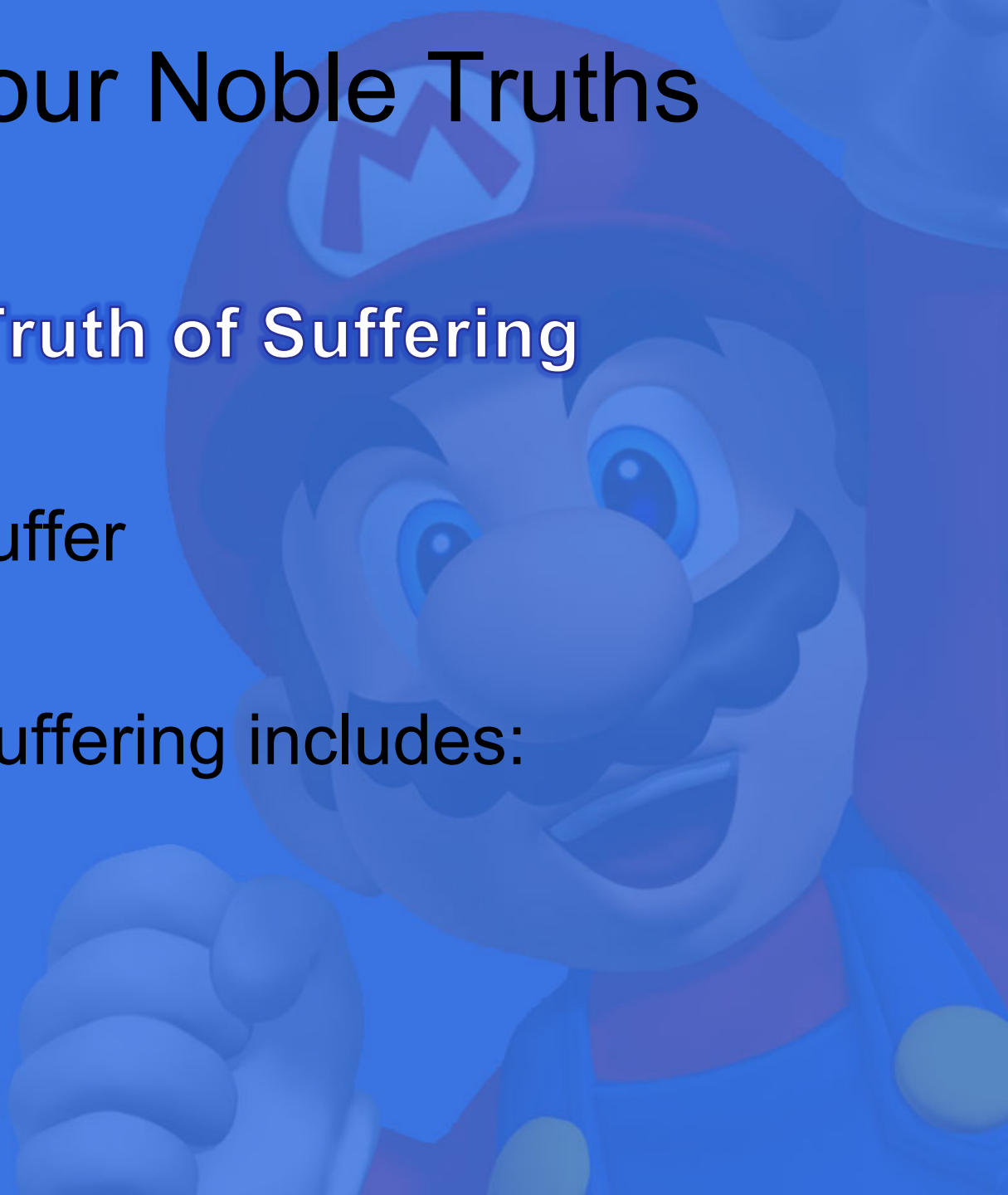




# The Four Noble Truths

## 1. The Noble Truth of Suffering

- To live is to suffer
- This type of suffering includes:





# Birth



# Old Age

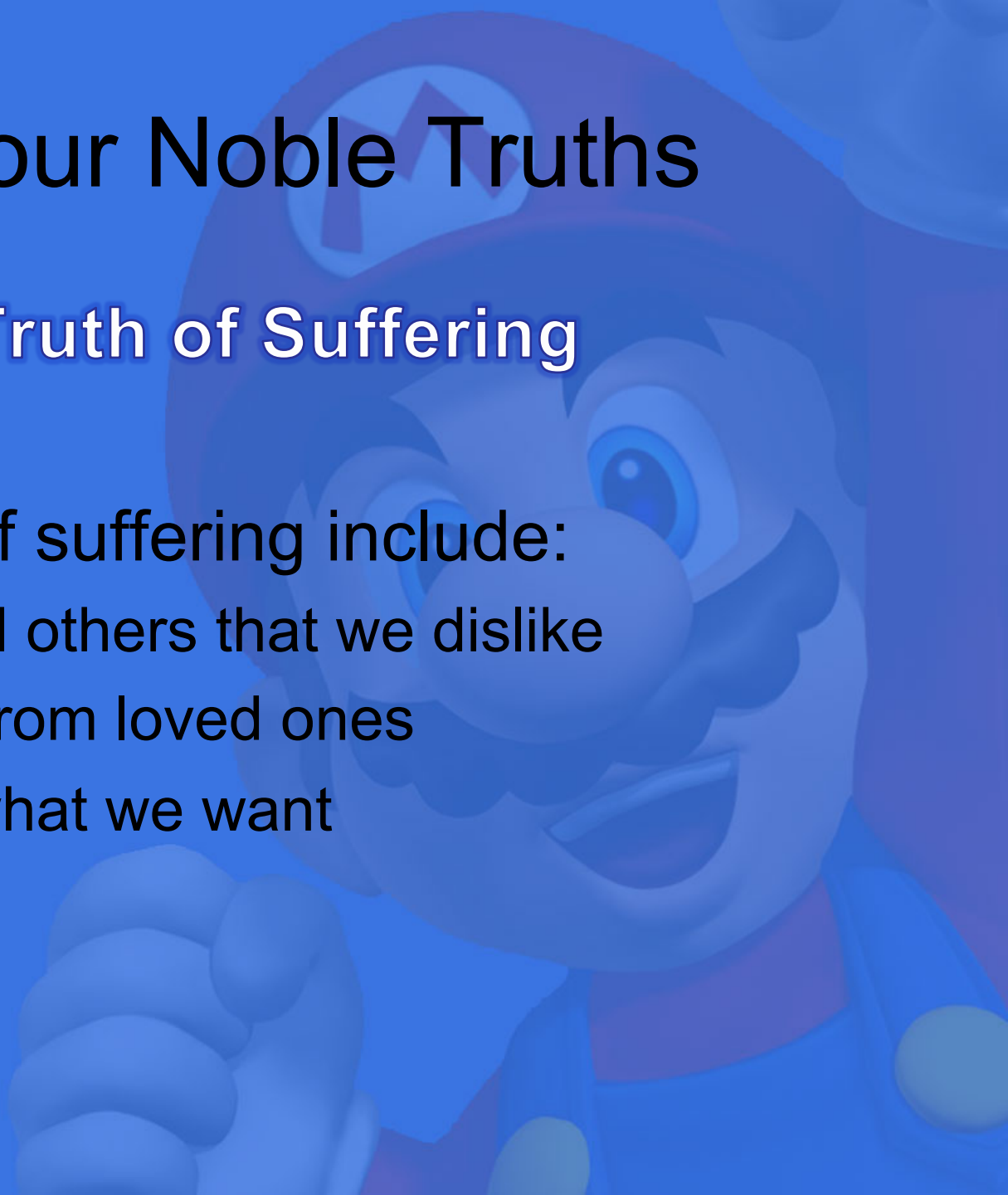


# Disease

# The Four Noble Truths

## 1. The Noble Truth of Suffering

- Other types of suffering include:
  - Being around others that we dislike
  - Being apart from loved ones
  - Not getting what we want





# The Four Noble Truths

## 2. Origin of Suffering

- Every kind of suffering has its origins in craving or selfish desire, which is the result of ignorance or delusion.

**People, are greedy for the wrong kinds of pleasures, do harmful things to their bodies and peace of mind.**

# The Four Noble Truths

## 2. Origin of Suffering

- **Everyone has basic needs**

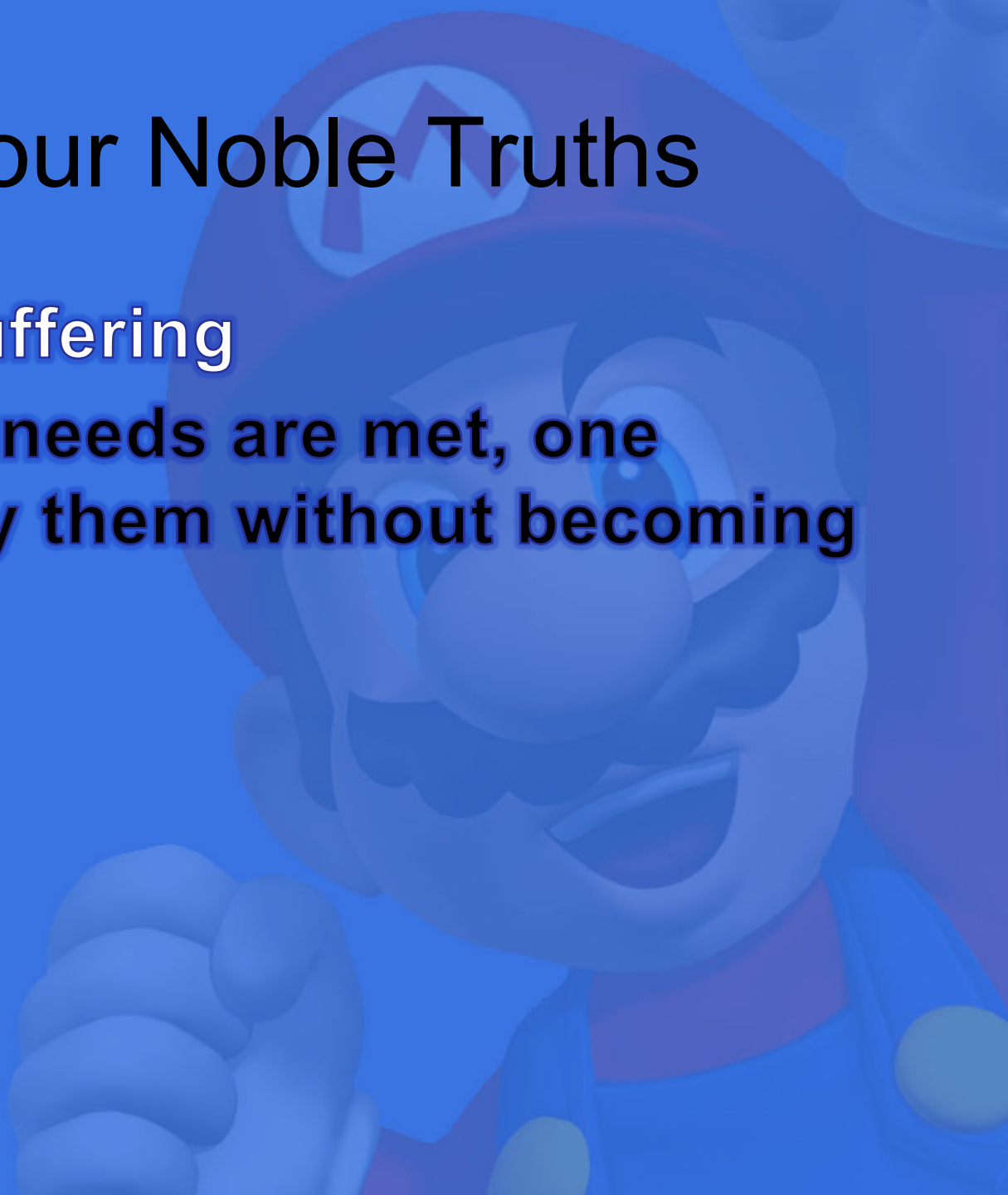




# The Four Noble Truths

## 2. Origin of Suffering

- When these needs are met, one should enjoy them without becoming greedy



# The Four Noble Truths

## 3. Extinction of Suffering

- **The goal is to end suffering**
- **Reaching Nirvana will only be possible when the urge to possess more and more things is destroyed**

# The Four Noble Truths

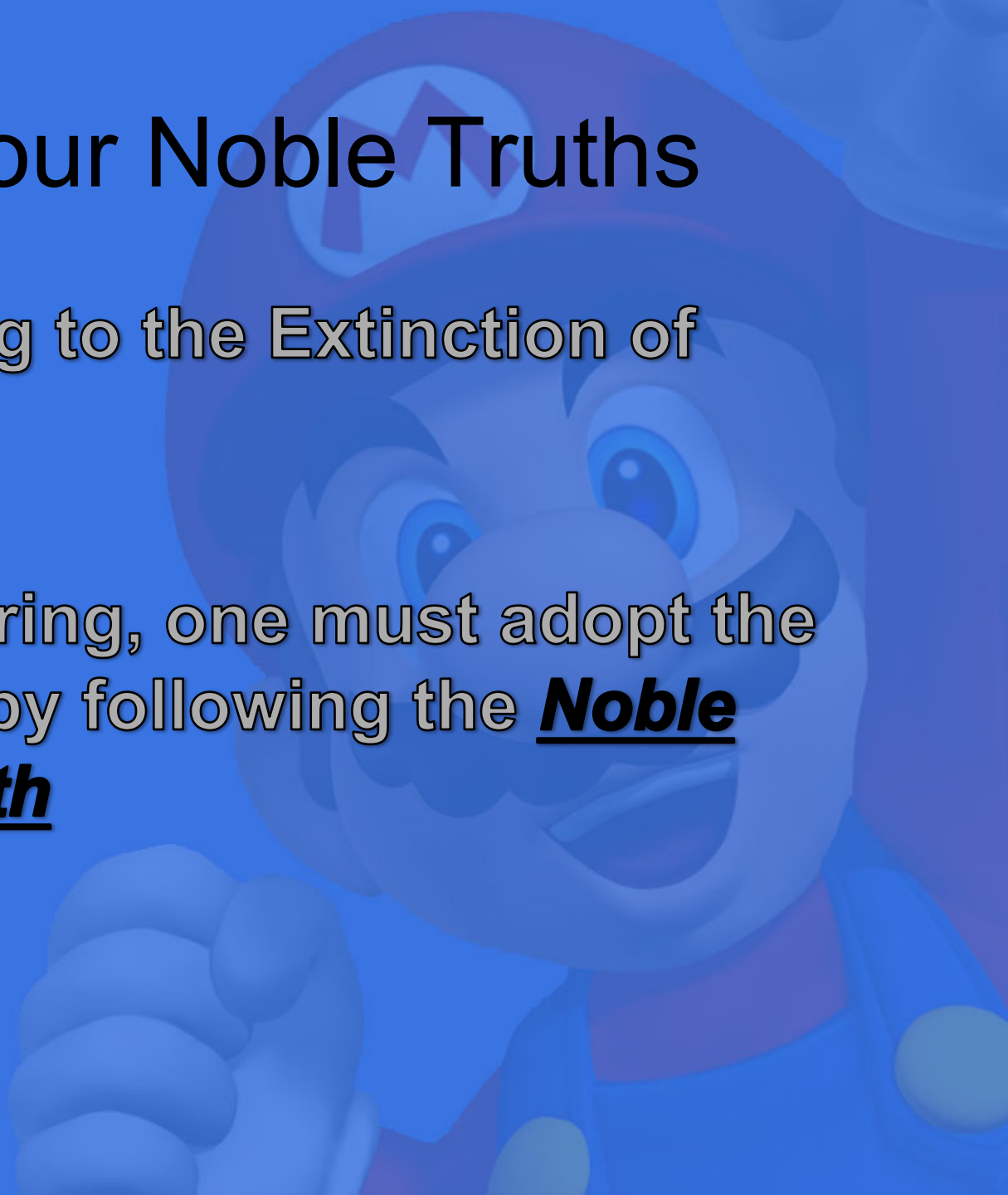
## 3. Extinction of Suffering

- **A person attaining Nirvana is in a content state where nothing whatsoever cause any kind of suffering, physical or mental**
- **Nirvana: not a place, a state of being**

# The Four Noble Truths

## 4. Path Leading to the Extinction of Suffering

- To end suffering, one must adopt the Middle Way by following the **Noble Eightfold Path**



# The Noble Eightfold Path

- The symbol of the eight-spoke wheel was chosen by Buddha to represent the eight steps of the path





# The Noble Eightfold Path

- The center of the wheel represents Nirvana
- Buddhists need to follow each step (spoke) of the path to revoke suffering
- Followed together as a way of life, not one at a time

# The Noble Eightfold Path

## 1. Right View

We need a blueprint to guide us through life, therefore we follow the doctrine of the Four Noble Truths



# The Noble Eightfold Path

## 2. Right Thought

Mind has to be freed of sensuous desire, ill will and cruelty.

Nurture good thoughts because they produce good , strong character



# The Noble Eightfold Path

## 3. Right Speech

By using kind speech we will be respected and trusted.

We should not lie, criticize unjustly, use harsh language or engage in gossiping



# The Noble Eightfold Path

## 4. Right Conduct

Observe the 5 precepts

People will judge another according to their behavior





# The Noble Eightfold Path

## 5. Right Livelihood

Earn a living through occupations that do not cause harm to living things



# The Noble Eightfold Path

## 6. Right Effort

Conquer all evil thoughts and strive to have good thoughts



Do your best at all times and have goodwill towards others

# The Noble Eightfold Path

## 7. Right Mindfulness



You have to recognize what is important and must not be led astray by unwholesome acts or thoughts



Full attention must be given to proper thoughts, words, and deeds.

# The Noble Eightfold Path

## 8. Right Concentration

Focusing the mind on one thought



This concentration and deep meditation will lead to enlightenment